

Careful attention to diet is the best guard against disease. It is a fact which all should know, that over-eating not only corrupts the blood but also destroys nerve force and induces dyspepsia, jaundice and breath, piles, plums, low spirits, headache, indigestion, malacia of the stomach and liver troubles. Jones' Bot. Clover Tonic quickly cures these above diseases. Can be taken by the most delicate above 50 cents, of druggists.

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The "Union" sewing machine, with its reversible feed, is self-threading through